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| Week | Monday/Wednesday/Friday |
| 1 | Warm up walk-5minutes  Jog 60 seconds, Walk 90 seconds for 20 minutes |
| 2 | Warm up walk-5 minutes  Jog 90 seconds, walk 2 minutes for 20 minutes |
| 3 | Warm up walk-5 minutes  (Jog 90 seconds, walk 90 seconds, Jog 3 minutes, walk 3 minutes) X 2 |
| 4 | Warm up walk-5 minutes  (Jog 3 minutes, Walk 90 seconds, Jog 4 minutes, walk 2 minutes) X 2 |
| 5 | Warm up walk-5 minutes  Jog 3 minutes, walk 90 seconds  Jog 5 minutes, walk 2.5 minutes  Jog 3 minutes, Walk 90 seconds  Jog 5 minutes |
| 6. | Warm up walk-5 minutes  Jog 5 min, walk 3 minutes  Jog 5 minutes, walk 3 minutes  Jog 5 minutes |
| 7. | Warm up walk-5 minutes  Jog 5 minutes, walk 3 minutes  Jog 8 minutes, walk 3 minutes  jog 5 minutes |
| 8. | Warm up walk-5 minutes  Jog 5 minutes, walk 2 minutes  Jog 7 minutes, walk 2 minutes  Jog 10 minutes |
| 9. | Warm up walk-5 minutes  Jog 23 minutes |
| 10. | Warm up walk-5 minutes  Jog 28 minutes |